

VOICE OF THE RESIDENTS

VOL. XXII, No. 10

BROADMEAD, COCKEYSVILLE, MD.

June, 2001

RECORD TURNOUT FOR TRAIL DAY



Norma Jane Danzer, Gail Rinehart & Hoddy Stickle at the Summer House.

By Bill Eddison

What an absolutely perfect day we had on Tuesday, April 24th this year for "Trail Day." This annual event at Broadmead celebrates the arrival of spring and serves to introduce new residents and staff, and to reintroduce old residents, to our beautiful, wooded hillside and its near mile of trails. The spectacular Red-bud (Judas) trees were at their absolute peak. The weather was warm and sunny, with the temperature reaching into the low 80's, and just enough breeze to keep all those involved comfortable.

On behalf of the Nature Trail Committee, I would like to thank all of the 142 hikers who came out and participated, and most especially the many residents and staff whose

planning and hard work made this event a great success. We are greatly indebted to our Activities Director, Harriet Ambrose, and her staff who put out the notices, made and posted all the signs, and coordinated the whole event. We are also indebted to the Maintenance crew and to Health Care (Patty Ferguson) who patrolled the trails for those who might have fallen or overextended themselves; and to Food Service who provided lemonade, iced-tea, iced-water and cookies at the "Focal Point" and the Summer House, and at other points along the trails. Also to be commended are the ladies who purchased and packaged the "trail mix" in handy packets, and Chris Slaughter who presided and explained the local geology to the 29 persons who climbed the path up to the Garnet Rock. Thanks



Harriet Ambrose, Pat Rodak, Paula Balser, Lynn Buck, Betty Winternitz, Patty Ferguson and Jane Doss at the Focal Point. A total of 142 Residents and staff, and a few uncounted dogs, enjoyed a beautiful spring day on our extensive nature trails.

also to the Camera Club members who recorded the event with fine photos.

The best places to see wild flowers were at the Focal Point, and along the Dogwood and Summer House trails. The Myrtle and the Violets and the (blue) Mertensia were out, as were the (yellow) lesser Celandine and the Variegated Lamium; also a few Trillium and Rue Anemone, but one had to look for them. Further along the trails the Jack-in-the-Pulpit was well along, and the May Apples were just starting. The stately Tulip, Beech, Red Apple and Red Oak bathed the woods in the pale green unique to leaves in bud in the spring.

Among the participants, many of whom walked the Ridge Trail along the upper boundary of the property, were Ann Heaton (Broadmead Board Chairman), Pat Graham (Associate Director), and a small contingent from Roland Park Place. We also hosted a small group of the young women who wait tables in the Dining Room, who also hiked over the high trail. All seemed to enjoy themselves.

CONCERTS in the Lounge

By Phil Schnering

SUNDAY, June 3 at 2:00 pm
CANTICLE SINGERS - Women's group of
 about 20. Four part classical music.

THURSDAY, June 14 at 7:00 pm
LET'S SING
 with **Mary Lou Moon at the piano.**
 This is the last "Sing" until September

SUNDAY, June 24 at 2:00 pm
BALTIMORE SYMPHONY DUO
 Noak Chavez, Assistant Principal Viola
 and Kenneth Goldstein, Violin.

Special Video Event

in the Auditorium

Sponsored by Bob Herrmann

BIZET'S CARMEN

Sunday, June 10 at 2:00 pm

A dazzling screen opera with
 Placido Domingo and Julia Miggins-Johnson
 Shot entirely on location in Andalusian, Spain

NEW RESIDENTS

Ann Toon	C-12	410-771-9595
Frances Beasley	R-9	410-771-0909
Peter and		
Wilnet van Berkum	C-7	410-584-2628
June Hermann	M-8	410-527-2021
Jane Fleming	G-3	410-584-0017

Moving Around Broadmead

	From	To
Kitty Cover	B-9	C-3
Ono Lescure	C-21	H-244

IN MEMORIAM

Maria "Marice" Eddison
 December 6, 1921 May 17, 2001

A NEW OLD PROGRAM

By Dorothy Clapp

For a number of years, the recently retired Reverend Carl Edwards led a monthly group at Broadmead called "Novel Theology." Founded by Harriet Shelton, it was later chaired by Elsa Lundgren and Kathaleen Kennedy. In January, Elsa and Kathaleen, wishing to retire, convened a group who expressed a wish to continue this as a book group. As a result, a committee chaired by Sally Bloomer has planned a successor group.

To be called "Book Discussions," this group will convene, as before, on the first Monday of each month, beginning on July 2. At 11:00 am in the Auditorium, the Reverend Peter D'Angio, Interim Rector of Immanuel Episcopal Church, will be the facilitator. An interesting selection of books has been chosen to start us off, as follows:

Jul 2	The Red Tent	Anita Diamont
Aug 6	Memoirs of a Geisha	Arthur Golden
Sep 17	City of God	E. L. Doctorow
Oct 1	Claudius and Gertrude	John Updike
Nov 5	The Gifts of the Jews	Thomas Cahill
Dec 3	The Bonesetter's Daughter	Amy Tan

The Bookmobile will have several copies of these books available before each date, and a method of buying the books is being developed.

***Please,
 plan to read, and
 attend beginning July 2nd.***

VESPER SERVICES

Sundays at 4:30 pm in the Lounge

By Elsa J. Lundgren

June 17	The Rev. Dr. George Gray Toole Towson Presbyterian Church
July 15	Chaplain Louise Hager Resident of Broadmead
August 19	The Rev. Kathryn Wajda Epiphany Episcopal Church

Broadmeaders Travel and Travel and Travel

During any given year, a number of Broadmeaders will visit our neighbor to the north, Canada. This past year at least three groups enjoyed their visit to the historic and scenic Canadian Maritime Provinces. Bob and Valerie Davies traveled by bus with a group of retirees from his former employer. Sally Burbank and her daughter Rosemary, and Violet Miller and

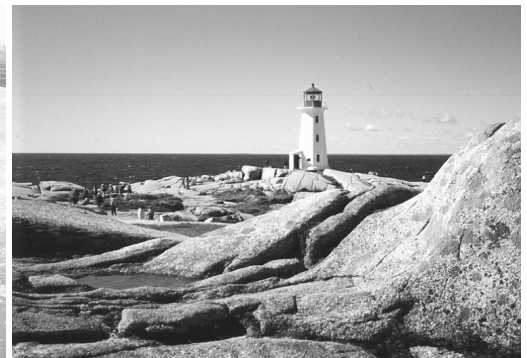
her son Richard toured many of the same locations but they had the freedom of traveling by automobile. They all were impressed with the beauty of scenes like this of Meat Cove on the northernmost tip of the Cape Breton Highlands National Park.



Grand Pre National Historic Site. This is the famous Church where the Acadians worshipped. Here they sought refuge from the English in the infamous expulsion of the French from their homes and their land. Longfellow's poem "Evangeline" memorialized the Acadians' story.



The Reversing Falls in St. John, New Brunswick was an example of the wonders of the extreme tides in the Bay of Fundy.



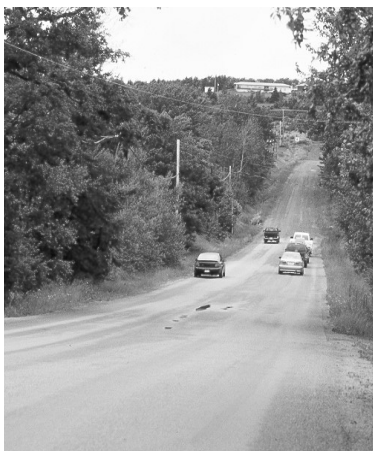
This lighthouse on the rock-bound shore of southeastern Nova Scotia at Peggy's Cove is possibly the most famous one in Canada.



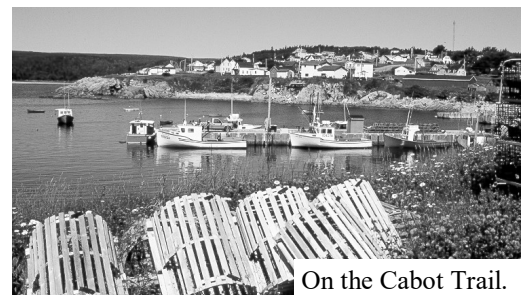
The Alexander Graham Bell Museum on Cape Breton Island is a marvelous tribute to an amazing inventor. We all knew he had invented the telephone, and were amazed to learn he was busy on an airplane design with Glenn Curtis at the same time the Wright Brothers flew theirs at Kitty Hawk.



The barracks at Fort Anne National Historic Site. One of the oldest forts in the Western Hemisphere, established in 1610 by the French. It is now the center for Acadian history and ancestry information.



Left: Magnetic Hill in Moncton, New Brunswick is the 3rd most popular tourist attraction in Canada. Drive to the bottom of the hill, put your car in neutral, and your car is pulled back up the hill, by magic or illusion?



On the Cabot Trail.



BROADMEAD WELCOMES

By Betsy Griffin

Ann (Pause) Toon (Mrs. Spal-

ding)

C-12 410-771-9595 May 2001

Broadmead welcomes another family member - Ann (who is Betty Pause's sister) is a native Baltimorean, attended the Eaton Burnett Business School and was employed by the Baltimore Gas and Electric Co. and the FBI prior to her marriage. She was married in 1942 to her late husband who was an executive with various subsidiaries of U.S. Steel including Barge Lines and several Railroads and moved his family about the U.S. from coast to coast.

Ann has two daughters, one in Bethlehem, Pa. and the other on Cape Cod, and two grandsons. After her husband's retirement they moved to Florida and her interests there included golf, bridge, and extensive travel. She has a summer home in Chatham on Cape Cod and expects to spend several months there each year. She still enjoys golf and bridge and hopes to volunteer here at Broadmead when she returns in the fall.

Fran (Shook) Beasley (Mrs. Carl)

R-9 410-771-0909 April 2001

Born and raised in New Jersey, Fran studied fashion merchandising at the Art Institute of Chicago and the Art Student League in New York. During WWII she served as a Club Director for the American Red Cross in England and it was here she met and married a young soldier, Carl Beasley. After the war they returned to York, Pa. where he opened a Ford dealership and remained in York to raise their three children. She was a homemaker and volunteer teaching riding, working with the Jr. League, and the York Historical Society and serving 22 years with the YWCA in Public Relations and Program.

After her husband retired in 1979 they moved to St. Michaels, Md. where Fran continued her interest in Art, meeting with Working Artists in Easton and painting horses and dogs. She comes to Broadmead from York where she returned four to five years ago. Her older son is an Episcopal Priest teaching at Nottingham School; her daughter lives in York and works at Hopkins Hospital with Drug Abuse; and her younger son is in the car business in York. She has three grandchildren. She enjoys bi-

Broadmead on the Go

With Ann Remington

The following trips are planned for the next few months, with others being investigated:



June 14, Thursday: A day at the races at **Pimlico** – includes admission, program, lunch, a race named for Broadmead, and our picture in the winner's circle.

June 27, Wednesday: Bus trip to Stevensville for lunch at the **Tavern on the Bay** – the restaurant is owned by Hannah Wilson's son. After lunch, we will visit the outlet mall.

July: Visit to the restored Baltimore Museum of Art to see the **Cone Collection**.

August 9, Thursday: Luncheon cruise on the "**Bay Lady**," and a visit to the Baltimore National Aquarium to see the new **Seahorse exhibit**.

August 21, Tuesday: Trip to the **Benjamin Bannecker Museum** which is located in a Baltimore County Park in Oella, Maryland.

September 12, Wednesday: Luncheon and Matinee at the **Sight and Sound Theatre** in Strasburg to see a final production of "**Noah**" with live animals.

September: Trip to **Doneckers** in Ephrata for lunch and fall shopping.

October 2, Tuesday: Trip to Washington to the restored Hillwood House for lunch and a tour.

cycling and trekking, expects to join the Writers Group and continue her active life both off campus and at home.

Through the Window

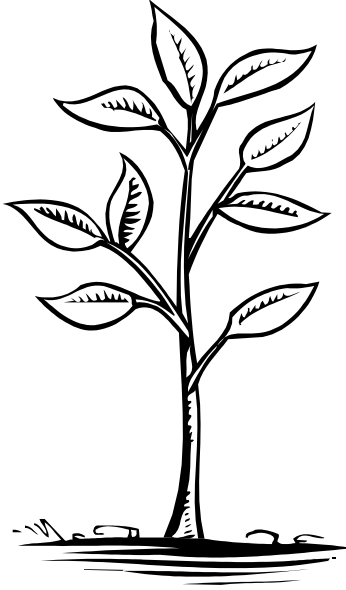
by Sarah L. Cooper

My view includes two tall trees whose trunks are not obliterated by leaves, and leaves are now the subject of my late spring enthusiasm. They tremble in the breeze. They vary in shape and hue. They are past the miniature stage, but still young and vibrant. The sun shines brightly on leaves that are yellow-green and dark green and all the in-between shades that line each moving, windblown branch. I see a mossy, wholly green effect covering the ridge too closely to distinguish separate elements. There are rocks along the road, slender saplings nearby. Like Browning's lark, I too can "recapture the first fine careless rapture" these ever-stirring, growing leaves inspire.

The redbud has lost its color. The dogwood is fading, its drooping petals soon to be hidden behind those flickering leaves. Trail Day, marked by perfect weather, good friends, and blooming flowers, seemed an ideal celebration of spring and warmth and light. "We may shut our eyes, but we cannot

help knowing that skies are clear and grass is growing," wrote Lowell in that visionary poem we struggled with in seventh grade, I think. It's true. I do sense sunshine and growth whether I look or not. Watching, however, seems to be a duty. My window, any window, even one in a car, permits me,

tempts me, prompts me to observe every change, to note each development, to admire trees and leaves and grass and all those golden weeds, like dandelions and cress and buttercups, that brighten gardens, fields, or just strips along the highway.



We have had a succession of clear days in May, our taste of the perfect days we are promised this month. Residents work on their gardens in preparation for the coming season. We may seek air-conditioned space indoors later on and restrict our activities as insects and soaring temperatures dictate. Right now, we enjoy our surroundings, appreciate with Lowell that "no price is set on the lavish summer, June may be had by the poorest comer."

Air Quality Flags

By Patti Ferguson, R.N.
Outpatient Department

Again this year Outpatient will be placing the air quality flags on the bulletin board at the reception desk. This reflects only the air quality and not necessarily the temperature of the day. It could be a brutally hot day and not be a poor air quality day. On the days that have high temperatures and high humidity, you should always avoid exertion outdoors and keep your air conditioners on. We ask that you be mindful of the air quality and adjust your outdoor activities accordingly.

RED FLAG: Air quality is unhealthy. Everyone, especially the elderly should avoid outdoor exertion. The air conditioners should be on.

ORANGE FLAG: Air quality is poor. Everyone should limit outdoor exertion. The elder-

ly should avoid outdoor exertion and again keep the air conditioners on.

YELLOW FLAG: Air quality is fair. Everyone should use caution with outdoor activities. People with chronic health disease and the elderly should avoid outdoor exertion. Air conditioners should be on.

GREEN FLAG: Air quality is good! No cautions or restrictions are recommended. Have a ball!!!!

If anyone would like to volunteer to place the flags on the board on the weekends and holidays please let me know. It is as easy as calling a telephone number and putting up the flags.

A DAY AT THE HUNT CUP RACE



On Saturday, April 28, John Nelson invited a group of Residents and other friends to join him at the 105th running of the four-mile long Maryland Hunt Cup (the country's oldest steeplechase race) in Glyndon. Here he is, above, all bent over, with a few of the Residents who joined him: Left to right are Bob Herrmann, Bill Waxter, Ann Remington, Jean Stephenson, Priscilla Wiswell, Valerie and Bob Davies, Mel Spragins and Ted Wilson. Above right, Bob Herrmann studies the program while Margaret Proctor and Jean Stephenson enjoy the beauty of the day.



Welter Weight was the heavy favorite to win the race, but he began to fall behind by the second jump. Solo Lord (in the photo above taken before the race, with his owner-rider, Michael Hoffman, Michael's wife Janelle, and the young groom for the trainer Bruce Miller) pulled away to lead by at least 30 lengths after the first mile and held on to win over Welter Weight by five lengths. It was a beautiful day and an exciting race that was enjoyed by all.



YOU HEARD ME! TIME IS FLYING

Let's go. Join in the fun and take part in Broadmead's 2001 Shuffleboard Tournament.

The sign-up sheets are located on the Bulletin Board near the Reception Desk in the Center.

OPEN FORUM

By Nydia Finch

June 7, Thursday at 10:30 am
In the Auditorium

**Topic: Turkey in Transition:
Continuity and Change in the Latest Crisis**

Speaker: Professor Charles Schmitz
Department of Geography and
Environmental Planning
Towson University

Let's see...was it, uh, Memory?

By John De Hoff

"Now, what's this report about? Hm-m-m... Eureka! I have it.... Memory! Nearly forgot."

With advancing age, brain cells show performance decrements which hamper interpersonal reactions or slow reaction times. Changes in the cells of muscle, gonads, skin and bone, other tissues and organs, are to be expected and vary among individuals. Memory cells keep us in touch with the past, help us adapt to the present, and may make easier our way into the future.

What septuagenarians or octogenarians experience when memory momentarily fails, is age-associated mental impairment (AAMI). This slippage in recall of facts or events should cause little or no fear. Occasional or briefly transitory forgetfulness is "normal." One keeps on functioning smoothly, and relates well with others in a familiar social milieu. AAMI can increase gradually with age but rarely becomes disabling. It may worsen briefly when fatigue stresses, during temporary harsh living conditions, or when minor illnesses persist. People with AAMI often worry about a loss of memory, perhaps being more concerned about it than are their friends or relatives. Recent memory, a vague term that includes events, affairs, or conversations not long past, is not impaired. Nor is orientation, the ability to recognize surroundings and find one's way in familiar surroundings.

A basic cause of AAMI is not loss of nerve cells (neurons) in the brain, though the cells may shrink with advancing age and function a little less agilely. Better maintenance of memory ability partly depends on one's cultural background, partly on regular use of memory skills, partly on good general health, and heavily on salubrious habits. For instance, people who tell interesting stories from a personal past also can do this for recent events, both public and personal.

A recent Johns Hopkins Medical School publication¹ has listed several steps to take which may help retain our memory abilities.

You must develop the ability to relax. Tensions and distractions upset memory. Use routines that in the past have helped you to relax. Recall the popular First World War song, *Pack up your troubles in your old kit bag!* Then imagine a kit bag or a box into which you can drop your troubles, one by one. Tell each to stay there until tomorrow, or another day. Now, go about your business in a relaxed fashion, leaving your troubles behind. But do any deep breathing exercises recommended for relaxation with care. Repeated deep breaths can lead to hyperventilation and cause troublesome changes in blood chemistries.



Get enough exercise, like walking briskly for 20 minutes or so, several times a week. Or, take this time to walk away from surroundings or thoughts that bother you. Get out of your apartment and walk our perimeter road. Stop and talk with friends you meet along the way. Note any environmental changes that have occurred since your last walk. Above all, enjoy the feeling of freedom a walk in the open air can bestow.

Stay mentally active. Learn something new or improve your practice of something familiar. Read critically your daily press or weekly news magazines. Make puzzle solving a habit, enjoy the challenge of filling crossword boxes. Learn to paint, sew, carve, mold, or to read another language. Meet with others, swap ideas, even get a new one occasionally. Write your opinions to editors of magazines to which you subscribe.

Avoid excessive alcohol consumption; no more than one or two measured drinks a day for men, one for women. Although research has recently shown alcohol helps preserve mental function in elder folk, remember that alcohol is never necessary. Don't overdo its use.

Organize your daily tasks by keeping a daily "to do" list to help you remember those tasks that are not quite routine. Also make a note of events that are interesting to friends or relatives to whom you write. Tell others about your interesting life's adventures. Include recent fun or exciting events or those that formed your character. Begin to keep a writer's diary where you list newsy items

briefly. Even more important for your personal growth, keep another notebook for thoughts that are uniquely yours, those which arise *sui generis*. (These won't fill many pages at first, but you'll recognize each idea as outstanding.)

Finally, identify changes in your mental health. Take care of any simple upsets yourself, but promptly seek professional help if a depression lasts for days. Always seek medical help easily and early.

One valuable perquisite of Broadmead is our communion of friendly residents who enjoy their ages and aging. Another privilege is easily available medical help or counsel when we are in trouble. Take big doses of each *p.r.n.* (in Latin, that's *pro re nata*, meaning as needed) and stay healthy!

¹ The Johns Hopkins White Papers, 2001, *Memory*.

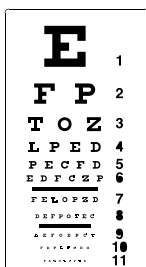
Conservation

By Lloyd Tyler

With the expected increase in monthly fees for next year, Residents are looking for ways to help keep fees down. Try this. Broadmead's electric bill is figured on the commercial rate, which means there is a "demand" portion of the bill that is very significant. The monthly "demand" portion is based on the maximum 30-minute measured demand during the month. We have no way of knowing ahead of time just when our "demand" will be the highest, but analysis has shown that most of the year our greatest demand is between 8:00 AM and 11:00 AM. However, on the hottest days of summer it may occur between 3:00 PM and 5:00 PM. It never occurs on the weekend.

Last July, Broadmead's monthly bill was \$41,871, and \$18,400 of that (44%) was due to the "demand" charge. If you use your iron (1000 watts) during the "demand" period in the winter it would cost Broadmead \$2.12, and, get this, in the summer it would cost Broadmead \$5.22. If you ironed during times other than during the "demand" half hour it would only cost 3 cents.

Is there anything you can do (or not do) to help keep utility bills down? Electricity is inexpensive during off-peak hours when the overall demand for power is low. However, when all air conditioners are running during the hottest hour of the hottest day, the cost of electricity can become very expensive. If you don't believe this, ask the folks in California.



LOW VISION SUPPORT GROUP

Meeting in the Auditorium

Tuesday, June 5 at 11:00 am

**Topic: What Happens After
the Medical Diagnosis?**

Speaker: Eydie DeVincenzi

Vision Aids Specialist

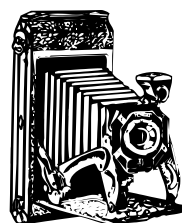
Glaser and Murphy Retina Treatment Centers

Monday, June 25 at 10:30 am

Topic: Special Presentation - Vision Loss

Speaker: Dr. James Comber

Ophthalmologist



The Camera Club

Presents a
Pictorial Essay

GARDENS OF THE WORLD

On the Lower Level Wall
May thru June



Support at the End of Life

By Karen James

The Bruck Fund for Special Needs, which provides services to enhance the quality of life for Residents of Hallowell and Taylor Halls, offers a unique support to the terminally ill. The “**Chalice of Repose**” provides harp music and voice in a bedside vigil designed to bring comfort to the patient and loved ones.

Residents have described these sessions as beautiful and soothing. The Bruck Fund invites all Broadmead Residents to a presentation on this innovative approach by the harpist, Annie Burgart. A lecture with discussion, including a videotape and brief musical experience, will be offered in the **Auditorium on Friday, June 15 at 10:30 am**. Please join us to learn more about this music-thanatology program.



Chocolate Covered Strawberries and Cub Scouts Score a Hit

By Bonna Nelson

Our Residents were entertained by the Cub Scout Comedy Club at the recent annual party on April 20th honoring volunteers. Troop 116 from St. James Academy Monkton shared jokes and the microphone with Rich Compton. Rich expressed his appreciation to the volunteers who save Broadmead thousands of dollars every year by providing services at the Reception desk and on the health care floors, as well as in other areas. Karen James also thanked the volunteers and volunteer leaders for their enthusiastic contributions at Broadmead and in the greater community.

Everyone enjoyed the chocolate-covered strawberries, quiche, and crab dip provided by Food Service. Photos of volunteers at their tasks were available to take home, along with **special mints** that were labeled as follows:

Volunteers are worth a Mint!

Volunteers: Thanks for Your Commit - Mint!

Volunteers: Thanks for Your Involve - Mint!

A Short Course in Human Relations
Reprinted from The Scottish Rite Journal, March 2001

The six most important words: “I admit I made a mistake.”

The five most important words: “You did a good job.”

The four most important words: “What is your opinion.”

The three most important words: “If you please.”

The two most important words: “Thank you.”

The one most important word: “We.”

The least important word: “I”

Suggested by Lehman Guyton

Coping with Vision Loss

By Karen James

Broadmead's **Low Vision Support Group** meets monthly as a resource and discussion group for Residents who experience vision problems. Their families, friends and our volunteers for vision support also attend. Goals for the group include education about diseases of the eye, techniques for adapting to decreased vision, and information on various devices and products. Meetings are well attended (20-40 members) and very lively. Residents enjoy the opportunities to identify problems and find some solutions together.

This active group has planned and implemented several services that benefit the community. Volunteers are available to assist with "Talking Books," a free books-on-tape service available to any Maryland resident with a disability and sponsored by the Maryland Library for the Blind. Volunteers visit Hallowell and Taylor Residents to offer eyeglass cleaning on a regular basis. The group has established a low vision resource cart with samples of many items available through catalogues. These include "talking watches," clocks and TV remote controls with large numerals, and various magnifying devices. Many Residents appreciate the opportunity to experiment with these and other devices before committing to a purchase.

The Low Vision Support Group usually meets on the first Tuesday of each month at 11:00 am until noon. June, however, marks our 18th month anniversary and we are celebrating by inviting the Broadmead Community to two special presentations. A Low Vision device specialist will speak and display aids and equipment on Tuesday, June 5th in the Auditorium at 11:00 am. Dr. James Comber, Ophthalmologist, will make a special presentation on vision loss on June 25 in the Auditorium. Friends and family of Broadmead Residents are always welcome to attend our meetings.



If you are thinking about volunteering at Broadmead, you can get help from one of these Volunteer Leaders. Left to right: Ernie Byrd, Jessie Besoré, Walter Lane, Evie Dempsey or Ruth Schnering.

Be a Broadmead Volunteer Survey Results Are In

By Bonna Nelson

Close to sixty enthusiastic Residents responded to our annual volunteer survey. Thirty-three indicated interest in volunteering for programs new to them. We thank both our current and new volunteers for donating their time and talents to Broadmead, and also for completing the survey. The survey is a wonderful vehicle for sharing information about our volunteer programs and for recruiting new, always needed, volunteers. Residents who requested new volunteer opportunities in the survey process, such as delivering flowers to Hallowell and Taylor Residents, serving water, low vision support, reception desk support, and activities support will be contacted soon about getting started.

Kudos to all of you !!!

Note: Volunteer opportunities are always available. **Just give Bonna Nelson a call on 410-527-1900 Ext. 3991.**

LOVE

By Charlie Ellicott

It starts with hunger, fed by smiles,
Is spiced by warmth and clever guiles.
But in the end despite all fears,
Love's fullest depth is felt in tears.

THE OPEN FORUM EXAMINES BIOTECHNOLOGY

By Robert H. Herrmann

Dr. Leah L. Porter spoke at the March 29 Open Forum on the topic: "Biotechnology: Facts, Fears, and the Future." Dr. Porter, Executive Director of the American Crop Protection Association (ACPA), explained that the term "Biotechnology" includes GMO's (genetically modified organisms in which DNA is transferred from one organism or plant, to another). She stated that Biotechnology is an extension of "**traditional plant breeding**" in the following way: A desired gene from a donor plant is transferred to a commercial plant variety to create a new plant variety. In "**traditional plant breeding**," such as hybridization, the desired gene, which is part of the DNA strand of genes, is accompanied by many other genes. Although some of the "other genes" may be undesirable, all are transferred to form the new plant variety. In "**Plant Biotechnology**," only the desired gene is transferred. Conventional hybridization may take up to 15 years to develop a new variety that, for example, may be resistant to pests, or disease. Biotechnology may take only a fraction of that time.

U.S. biotech plantings in the year 2000 were approximately 50% for soybeans and cotton, and 25% for corn. European farmers object to competition from the USA, and therefore prefer to use their own home-grown corn. The National Center for Food and Agriculture Policy states that "modern biotechnology is enabling farmers to win their age-old battle against pests and disease by relying on a natural approach to crop protection." (**This means that, insecticides and herbicides are not required.**)

According to the American Farm Bureau Federation, Biotech reduces fuel cost, reduces soil erosion and results in greater management efficiency in keeping costs down and maintaining high yields. In 1996, 59% of the surplus from Biotech cotton benefited farmers, 21% the developer, 17% the consumer, and 5% the germplasm supplier.

Is plant biotechnology safe? Between 1986-1997, 25,000 field trials were conducted in 45 countries on more than 80 different crops involving ten different traits. There was no evidence of harm,

and no adverse effects on food safety or the environment. There are comprehensive safety regulations promulgated by the USDA, the EPA, and the FDA.

In addition, Dr. Porter listed the following problem issues:

1. Unintended pollen drift, liability, and labeling.
2. Vandalism, public protests, EU approval shut down, organic farmers prohibition against Biotech crops, and Taco-gate.
3. The issue regarding the Monarch butterfly was explained as follows: Monarch butterfly larvae were fed a large overdose of milkweed pollen from biotech corn in a Cornell laboratory study. (This was not realistic and might be analogous to eating twenty-five boxes of popcorn at one sitting). In actual field tests the butterfly was not harmed in any way.
4. The laboratory study regarding intestinal troubles from rats eating raw biotech potatoes was discredited. No link was found between Biotech potatoes and intestinal problems in rats.

The second generation of plant Biotech products is expected to have the following attributes: Increased nutritional value, longer shelf life, drought resistant, disease resistant, and when using "stacked" (multiple) genes, insect resistant and herbicide tolerant, etc.

Dr. Porter included the following quotation in her speech: Greenpeace founder Patrick Moore, Ph.D., condemns anti-GMO protests stating: "I believe we are entering an era now where pagan beliefs and junk science are influencing public policy. GMO (Biotech) crops are seen as an invisible force that will kill us all in our sleep or turn us all into mutants. It is preying on people's fear of the unknown."

Dr. Porter also quoted James D. Watson, co-discoverer of the structure of DNA and Nobel Laureate who said, "Never put off doing something useful for fear of an evil that may never arrive."

The OPEN FORUM Considers Cooperation or Confrontation

By M. K. Farinholt

Rear Admiral Eugene J. Carroll spoke to the Open Forum audience on May 3, about possible consequences of military decisions now facing the United States. Admiral Carroll's topic, **Cooperation or Confrontation: America's Options in the 21st Century**, focused on the nation's leadership role as the world's dominant military power.

The Admiral's views on public policy are of course based on his personal experience in a distinguished service career, including flight duty in the Korean War, carrier command in the Vietnam conflict; commander of the Sixth Fleet's carrier strike force; director of operations for all U.S. forces in Europe and the Middle East; Assistant Chief of Naval Operations, engaged in planning for conventional and nuclear war.

Now, retired from the Navy, he is Vice President of the Center for Defense Information (CDI), a nonpartisan, non-governmental research organization. The CDI was founded 30-years ago by military officers, to provide citizens with impartial information about military matters of serious concern to the public.

Remarking on America's presently unrivalled power, with more than 250,000 troops at various stations around the world, Admiral Carroll cautioned that no empire in history has been able to maintain primacy by military force alone. Such control will inevitably be undermined, as support for military burdens weakens at home, and resistance to dictates grows in the foreign sectors. Just as in the past, neither intimidation nor containment will permanently protect a superpower. The U.S. will need more than military threat to insure its security. We must also take the lead in fostering a cooperative world order, and in eliminating the threat of nuclear war.

However, the speaker pointed to trends in another direction, specifically, U.S. development and testing of nuclear weapons (a process that belies our commitment to the Non-Proliferation Treaty) and the proposed Missile Defense program.

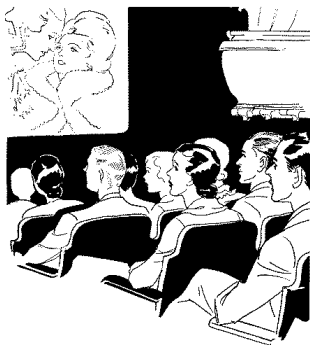
These two aspects of a nuclear-war-fighting mentality have made us seem isolationist to anxious

friends and allies. Indeed, some U.S. positions appear self-generated, as though we are enacting policies to "protect us from the consequences of our own actions around the world," the Admiral noted.

To assure any stable peace long-term, the U.S. should resume steady diplomatic work on building and obeying agreements that dampen violence between nations. We once led the world in many such efforts because we recognized them as actually serving our interests economically, politically, and militarily. We have in recent years, on the contrary, become aloof, refusing to sign on, for example, when long negotiations to lessen global tension produced the Law of the Sea Treaty, the Nuclear Test Ban Treaty, the Convention on the Rights of the Child, and the Anti-Personnel Land Mine Treaty.

Admiral Carroll noted with particular regret the U.S. refusal to commit to the Law of the Sea Treaty, developed in a 20-year process that the U.S. itself led. Had our government signed, we would have had an orderly peaceful means to resolve the recent spy plane incident with China. Instead of having to confront and improvise, the U.S. could have turned to a recognized international tribunal, in worldwide view, to insist effectively on safe return of crew and plane.

Adhering to the routine channels of general international agreements is a way of avoiding the explosive danger of recurring angry public feuds. Admiral Carroll advised that we need to open our thinking to the advantages of cooperative international rules to defend our interests, rather than by reflex, threatening, or sending another military squadron. In confrontational spirit, the U.S. has been refusing any limits to pursuing its own interests in its own way. But, no nation is wealthy enough to guard superpower status everywhere in the world, indefinitely. Right now "we call the shots, but how about tomorrow?" Fortunately, there is apparent public will in the U.S. to take real steps toward a cooperative world community. For Admiral Carroll, with the cold war over, "this can be a magic moment in history."



MOVIES AT BROADMEAD

At 7:00 pm

Tuesday Movies by Sarah Burbank
and Louise Odell

Saturday Movies by Frank Hijikata

Tuesday, June 5 **PRIDE AND PREJUDICE PART I**

This is the BBC adaptation of Jane Austen's novel with Colin Firth as Mr. Darcy. The current commercial movie, "Bridget Jones's Diary," is a take off of "P&P" complete with a Mr. Darcy played again by Colin Firth.

Saturday, June 9 **JULES AND JIM** 1961 104 minutes In French, English subtitles

A superb character study revolving around a ménage-a-trios. A film about wanting what you can't have and not wanting what you desire once you have it. Directed by Francois Truffaut, starring Jeanne Moreau.

Tuesday, June 12 **PRIDE AND PREJUDICE PART II**

Tuesday, June 19 **BOUNCE**

Ben Affleck and Gwyneth Paltrow share a wonderful rapport in this tale of two lovebirds, each of whom is rebounding from a misfortune.

Saturday, June 23 **AMARCORD** 1974 127 minutes In Italian, dubbed in English

This is a landmark film based on Federico Fellini's reflections of his youth in a small town in pre-war Italy. While celebrating the kinship that exists in the town, Fellini examines the serious shortcomings that would pave the route to fascism.

Tuesday, June 26 **DAVE**

An ordinary guy, a dead ringer for the President of the United States, suddenly finds himself in

the Oval Office taking over presidential duties. Great fun starring Kevin Kline and Sigourney Weaver.

SATURDAY PROGRAMS

In the Auditorium at 7:15 pm

By Margaret Proctor

June 2

Blind John Legend - Pianist

Music of the 50's, 60's, and 70's.

June 16

A Slide Presentation by

Cokey Rienhoff

"Tigers, Temples and Torsos: A Trip Through Asia"

Previously shown at the

Walters Art Museum

for the Friends of the Asian Collection.

June 30

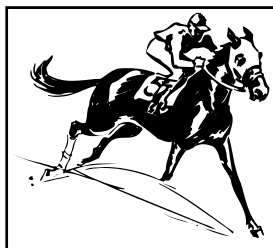
Jim O'Leary

Director, IMAX Planetarium

Baltimore Science Center

"A Look at the Summer Skies"

Editor's Note: *I was talking with a friend recently and he commented that he thought his memory was not as good as it used to be, and he apologized and said, "I'm really sorry but I seem to be confused, was it you or your brother who died last month."*



Come to a party and watch
the horses run at

The Belmont Stakes

In the Lounge and on the
big screen in the
Auditorium.

Saturday, June 9th
Starting at 4:00 pm



SOMETHING NEW HAS BEEN ADDED FOR RESIDENTS AT BROADMEAD

A state-of-the-art natural-air clothes dryer, with a pure undiluted sunshine booster, is now available for use by our Residents. You may want to take advantage of this new facility to return that fresh-air bounce to your bed linen and other washables. These new clothes lines are located behind the sheds across the perimeter road from the parking lot for Clusters A, B and C.

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